

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) A sport-specific training and conditioning device for a sport using a hand-held implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends, and the device further comprising a single consisting essentially of a normally non-rotatable uniformly shaped weight that is internally fastened with positioned at the second end of the handle while the first end of the handle remains free weight free such that the internal fastening of the uniformly shaped weight with the second end fastens the uniformly shaped weight to a normally non-rotatable position and such that a center of mass of the device is positioned within the uniformly shaped weight and the center of mass is less than about thirteen inches from the first end of the handle, the handle having a circumference sized between about ten and about thirty percent larger than the grip portion of the hand-held implement and the handle having a length that is longer than the uniformly shaped weight wherein the positioning of the ~~normally non-rotatable~~ uniformly shaped weight, and the sizing of the circumference of the handle and the positioning of the center of mass are configured to direct the effect of the ~~normally non-~~

~~rotatable~~-uniformly shaped weight in a concentrated manner to the forearms of the user.

2. (Cancelled)

3. (Cancelled)

4. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the ~~normally non-rotatable~~ uniformly shaped weight has a diameter of less than about 4 inches.

5. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the ~~normally non-rotatable~~ uniformly shaped weight has a length of less than about 4 inches.

6. (Previously Presented) The sport-specific training and conditioning device according to claim 1 wherein the device weights more than the hand-held implement used in the sport.

7. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein one of the handle and ~~the normally non-rotatable~~ uniformly shaped weight includes an externally threaded portion, and wherein the other of the handle and ~~the normally non-rotatable~~ uniformly shaped weight includes an internally threaded socket.

8. (Currently Amended) The sport-specific training and conditioning device according to claim 7 wherein the handle includes an externally threaded portion and the ~~normally non-rotatable~~ uniformly shaped weight includes an internally threaded socket.

9. (Previously Presented) The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a bat.

10. (Previously Presented) The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a racket.

11. (Previously Presented) The sport-specific training and conditioning device according to claim 10 wherein the grip is shaped like the grip portion of a tennis racket.

12. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a golf club.

13. (Previously Presented) The sport-specific training and conditioning device according to claim 1 wherein the handle is like the grip portion of a hockey stick.

14. (Previously Presented) The sport-specific training and conditioning device according to claim 1 wherein the handle is less than about 10 inches long.

15. (Cancelled)

16. (Cancelled).

17. (Cancelled)